



MARTIAL ARTS FOCUS

(A Delta Martial Arts Newsletter)

In this issue:

- Welcome Message
- Fortune Cookie
- Class Schedule
- Fall 2021 Schedule
- Student Featurette
- Kid-Friendly Recipe
- Make sure we have your current email address on file

Summer 2021 Has Arrived...

School is out, hot summer days awaits us, and everyone is aflutter with the most important question on our mind; where are we going this summer?

Hopefully you all have some fun plans this summer to get away and enjoy time with your family and friends.

-Delta Martial Arts Management

Fortune cookie for the
mind, body, & soul



“The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives.”

Russell M. Nelson

Delta Martial Arts Athletics

2956 Treat Blvd., H
Concord, CA 94518

(Located in the Oak Grove Plaza)

Phone: (925) 798-6235 📞 Website: <https://deltamaa.com>

Class Schedule

MON	TUE	WED	THR	FRI	SAT	SUN
3:45pm-4:30pm Tigers Leopards Dragons	4:00pm-5:30pm Sensei Cathy's Black Belt Club	3:30pm-4:00pm Tiny Tigers 4:00pm-5:15pm INT/ADV Dragons 5:00pm-5:45pm Beginner Dragons 5:50pm-6:20pm Leopards	No Classes	4:45pm-5:30pm Beginner Dragons 5:40pm-6:10pm Tigers Leopards 6:15pm-7:00pm INT/ADV Dragons	8:30am-9:00am Tigers Leopards	No Classes

Class Schedule for Fall 2021

We are planning to add more classes in the fall of 2021.

Please be aware that the Fall Class Schedule may change.

MON	TUE	WED	THR	FRI	SAT
3:45pm-4:30pm Tigers Leopards Dragons 4:30pm-5:00pm Tiny Tigers	3:30-4pm Tiny Tigers 4pm-4:30pm Leopards 4:30pm-5:30pm INT/ADV Dragons 5:30-6:15pm Beginner Dragons	3:30pm-4:00pm Tiny Tigers 4:00pm-5:00pm INT/ADV Dragons 5:00pm-5:45pm COWC Beg Dragons 5:45pm-6:15pm Leopards	No Class	4:45pm-5:30pm Beginner Dragons 5:40pm-6:10pm Tigers Leopards 6:15pm-7:00pm INT/ADV Dragons	8:30am-9:00am COWC Tiny Tigers 9:00am-9:45am COWC Beg Dragons 9:45am-10:15am Leopards 10:30am-12pm BBC



Next Belt Testing & Dojo Announcements

DRAGON TESTING	BELT CEREMONY
<ul style="list-style-type: none">• July 26th-30th , 2021• September 27th- Oct. 1st, 2021• December 6th- 10th, 2021	<ul style="list-style-type: none">• Saturday July 10th, 2021• Saturday August 7th, 2021• Saturday September 11th, 2021

1. If your child is getting a belt promotion, please sign-up on the **My Studio** App (**Studio code – 9257986235**)
2. **Belt ceremonies** start at 8:30am. Please join us at 8:15am for meet and greet. Coffee will be provided.
3. **Summer Ninja Camp** times are

JULY 12-16, 2021	JULY 26-30, 2021	AUGUST 2-6, 2021
9:00am-3:00pm	9:00am-3:00pm	9:00am-3:00pm

4. **PE Pod/Mini Camp** are weekdays all summer long from 1:30pm-4:00pm
5. **Intro to Circus** begins Tuesday, June 29, 2021 from 9:00am-3:00pm. For ages 5-16 years old
6. Please note – **NO CLASSES** on the following days:
 - Karate - **July 3 and 5, 2021**
 - PE Pod - **Monday, July 5, 2021**
 - Summer Vacation- **July 17th-July 24th**

*All classes have resumed inside. We will wear masks and use all safety precautions.

Miscellaneous

- Parents, please make sure we have your current information on file. If not, please download the **MYSTUDIO APP** (Access Code is **9257986235**) If you need help, or have any questions please contact Sensei Robert at rmbaldwin10@gmail.com
- **Exciting news!** Delta Martial Arts wear (t-shirts and the new black long sleeve) are now available for sale. For more information, please email rmbaldwin10@gmail.com.



Student Featurette

Our student featurette this month is Sanvi Ranu. Below are some fun facts about Sanvi:



- ✚ I am 12 years old
- ✚ My favorite technique is the 9 count blocks/strikes
- ✚ I started taking karate to learn self-defense. As I continued to take the classes, I realized how much I enjoyed it. Plus, I have made a lot of friends. I look forward going to classes each time.
- ✚ I have one sister who is younger than me
- ✚ My favorite subject in school is science. I love the fact that every day you are learning something new.
- ✚ The most fun thing I did all year was going to North Carolina to visit my cousins
- ✚ When I get older I want to become a lawyer or doctor
- ✚ During the pandemic I learned that I am capable of so much more than I ever thought I could do. I am in awe that I completed sixth grade through Zoom.



Kid-Friendly Recipe for the Summer



Summer is upon us, and there's nothing like enjoying an ice-cold Popsicle after a fun day in the sun.

This popsicle recipe is very simple with minimal ingredients.

It only takes minutes to blend up the mixture.

Step #1 – Combine all your ingredients in a blender.

- 2 cups frozen blueberries, thawed or you can use frozen strawberries, mangos, pineapple, etc.
- ¼ cup of apple juice
- 2 tablespoons of honey
- ½ lemon, juiced
- 1 pinch of salt

Step #2 – Pour mixture into a Popsicle mold.

If you don't have a Popsicle mold, you can DIY (see below):

- Place cups on a baking pan.
- Pour Popsicle mixture into the cups.
- Place tin foil over each cup and use a sharp knife to cut a small slit in middle of the tinfoil on top.
- Slide a Popsicle stick into each slit.
- Freeze for 8 hours or overnight.



Step #3 – Freeze. Once molds are filled, place the lids and sticks on top, and freeze for 8 hours or overnight is best.

